

## Microbiome Information for: Generalized anxiety disorder

### For prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *a priori* suggestions that are predicted to independently reduce microbiome dysfunction. Suggestions should only be done after a review by a medical professional factoring in patient's conditions, allergies and other issues.

**This report may be freely shared by a patient to their medical professionals**

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Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result is received.

In the USA

Ombre (<https://www.ombrelab.com/>)  
Thorne (<https://www.thorne.com/products/dp/gut-health-test>)  
Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

### Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Generalized anxiety disorder

**Nota Bena:** Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Gammaproteobacteria	class	Low	1236	Gordonibacter	genus	High	644652
Oscillospiraceae	family	High	216572	Paraprevotella	genus	High	577309
Ruminococcaceae	family	High	541000	Parasutterella	genus	Low	577310
Aerococcus	genus	High	1375	Phascolarctobacterium	genus	High	33024
Anaeromassilibacillus	genus	High	1924093	Prevotella	genus	High	838
Anaerostipes	genus	High	207244	Shigella	genus	High	620
Bifidobacterium	genus	Low	1678	Sutterella	genus	Low	40544
Blautia	genus	High	572511	Vagococcus	genus	High	2737
Citrobacter	genus	High	544	Bacteroidales	order	Low	171549
Clostridium	genus	Low	1485	[Eubacterium] nodatum	species	Low	35518
Coprococcus	genus	Low	33042	Bifidobacterium longum	species	Low	216816
Desulfovibrio	genus	Low	872	Escherichia coli	species	High	562
Eggerthella	genus	High	84111	Klebsiella oxytoca	species	High	571
Enterococcus	genus	High	1350	Limosilactobacillus mucosae	species	Low	97478
Escherichia	genus	High	561	Mediterraneibacter gnavus	species	High	33038
Eubacterium	genus	Low	1730	Mycolicibacterium vaccae	species	Low	1810
Faecalibacterium	genus	Low	216851	Oscillibacter sp. PEA192	species	High	2109687
Fusicatenibacter	genus	Low	1407607	Parasutterella excrementihominis	species	Low	487175
Fusobacterium	genus	High	848	Treponema socranskii	species	High	53419

## Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day

cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

Escherichia coli cryodesiccata {colinfant probiotics}

Escherichia coli:DSM 16441-16448 {symbioflor-2}

Ferrum {Iron Supplements} 400 mg/day

high-fat diets

Humulus lupulus {Hops}

ketogenic diet

low fodmap diet

methionine-choline-deficient diet {methionine-choline deprivation" diet}

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

penicillin-moxalactam

Phaseolus vulgaris {Boston bean}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Sodium Fluoride {Toothpaste fluoride}

Sucralose {Splenda} 340 mg/day

Sus domesticus {Pork}

Tobacco consumption {Smoking}

## Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

symbiopharm / symbioflo 2

Note: Some of these are only available regionally – search the web for sources.

## Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to greedy bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

(2->1)-beta-D-fructofuranan {Inulin}	fruit/legume fibre
3,3',4',5,7-pentahydroxyflavone {Quercetin}	gentamicin
amikacin	green tea
amoxicillin [CFS]	Hordeum vulgare {Barley}
bacillus	imipenem
bacillus subtilis {B.Subtilis }	Lacticaseibacillus casei {L casei}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	lactobacillus acidophilus {L acidophilus}
bifidobacterium bifidum {B. bifidum}	Lactobacillus plantarum {L plantarum}
Bovine Milk Products {Dairy}	Limosilactobacillus fermentum {L fermentum}
ciprofloxacin [CFS]	oligosaccharides {oligosaccharides}
Clostridium butyricum MIYAIRI 588 {Miyarisan}	origanum vulgare {oregano}
dietary fiber	pectin {pectin}
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
Fiber, total dietary	Slow digestible carbohydrates. {Low Glycemic}
fructo-oligosaccharides	Thymus vulgaris {thyme}
fruit	yogurt
	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Biofilm

Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdkl5 deficiency disorder

Celiac Disease

Cerebral Palsy

Chronic Fatigue Syndrome

Chronic Kidney Disease

Chronic Lyme

Chronic Obstructive Pulmonary Disease (COPD)

Chronic Urticaria (Hives)

Coagulation / Micro clot triggering bacteria

Cognitive Function

Colorectal Cancer

Constipation

Coronary artery disease

COVID-19

Crohn's Disease

Cushing's Syndrome (hypercortisolism)

cystic fibrosis

d-Haptic acidosis (one form of brain fog)

deep vein thrombosis

Denture Wearers Oral Shifts  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
erectile dysfunction  
Fibromyalgia  
Food Allergy  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Gulf War Syndrome  
Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
hemorrhagic stroke  
Hemorrhoidal disease, Hemorrhoids, Piles  
Hidradenitis Suppurativa  
High Histamine/low DAO  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
ischemic stroke  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
Lymphoma  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
ME/CFS without IBS  
membranous nephropathy  
Menopause  
Metabolic Syndrome  
Mood Disorders  
multiple chemical sensitivity [MCS]  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
neuropathic pain

**Neuropathy (all types)**  
**neuropsychiatric disorders (PANDAS, PANS)**  
**Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic**  
**NonCeliac Gluten Sensitivity**  
**Obesity**  
**obsessive-compulsive disorder**  
**Osteoarthritis**  
**Osteoporosis**  
**pancreatic cancer**  
**Parkinson's Disease**  
**Peanut Allergy**  
**Polycystic ovary syndrome**  
**Postural orthostatic tachycardia syndrome**  
**Premenstrual dysphoric disorder**  
**primary biliary cholangitis**  
**Primary sclerosing cholangitis**  
**Psoriasis**  
**rheumatoid arthritis (RA),Spondyloarthritis (SpA)**  
**Rosacea**  
**Schizophrenia**  
**scoliosis**  
**sensorineural hearing loss**  
**Sjögren syndrome**  
**Sleep Apnea**  
**Slow gastric motility / Gastroparesis**  
**Small Intestinal Bacterial Overgrowth (SIBO)**  
**Stress / posttraumatic stress disorder**  
**Systemic Lupus Erythematosus**  
**Tic Disorder**  
**Tourette syndrome**  
**Type 1 Diabetes**  
**Type 2 Diabetes**  
**Ulcerative colitis**  
**Unhealthy Ageing**  
**Vitiligo**